



VERMONT WIC FRUIT AND VEGGIE EBT CARD

Cashier's Guide

The Cashier's Guide provides a quick look at the fruits and vegetables that are approved for the Vermont WIC Program. This list should be used together with the Buying Guide that all WIC customers receive.

**Items in GREEN
ARE ALLOWED**

**Items in ORANGE
ARE NOT ALLOWED**

The WIC Fruit and Veggie EBT Card is good ONLY for the allowed fruits and vegetables listed on the other side. The rest of the WIC food package is still home-delivered. If the purchase total is greater than benefit amount on the card, the participant may use another form of payment or not purchase the food.

The WIC EBT Card works differently than the Vermont Express/Food Stamps EBT card in these important ways:

1. The WIC card is good ONLY for approved fruits and vegetables.
2. There are NO refunds allowed. Damaged or spoiled foods may be exchanged for identical item, with store receipt.
3. There are NO manual vouchers. If the EBT system is down, participants may use another form of payment, or come back another time.
4. There are NO rain checks allowed.
5. The card CANNOT be used in self-check-out lanes.

For questions about the Vermont WIC allowed fruits and vegetables, please call 1-800-649-4357. WIC participants with PIN or other card problems should call 1-877-373-8715.

www.HealthVermont.gov

This institution is an equal opportunity provider and employer.

WIC WOMEN
INFANTS
CHILDREN
We nourish families.

 **VERMONT**
DEPARTMENT OF HEALTH

FRUITS

Fresh, frozen and canned

VEGETABLES

Fresh, frozen and canned

FRESH Fruits

ALLOWED

- Any variety
- Whole fruit
- Cut fruit
- Organic

NOT ALLOWED

- Salad bar items
- Party trays
- Fruit baskets
- Decorative fruits
- Dried fruits
- Nuts including peanuts
- Fruit/nut mixtures
- Single serving packs

FROZEN Fruits

ALLOWED

- Any variety or mixture
- Any size bag or box
- Any brand
- Plain fruits, no added sugar
- Organic

NOT ALLOWED

- Sugar
- Artificial sweeteners
- Other ingredients
- Packaged in plastic tubs

CANNED Fruits

ALLOWED

- Any plain variety or mixture, no added sugar
- Any size or package type except single serving packs
- Any brand
- Packed in water or juice
- Unsweetened applesauce
- Organic

NOT ALLOWED

- Sugar or syrup (heavy, light)
- Nectar, fats or oils
- Artificial sweeteners
- Single serving packs
- Pie filling
- Cranberry sauce

FRESH Vegetables

ALLOWED

- Any variety except white potatoes
- Whole vegetables
- Cut vegetables
- Sweet potatoes and yams
- Plain bagged salad
- Plain bagged vegetables
- Organic

NOT ALLOWED

- White potatoes (all potatoes other than sweet potatoes and yams)
- Spices, herbs – fresh or dried
- Salad bar items
- Salad kits
- Party trays
- Decorative vegetables
- Dried vegetables
- Nuts including peanuts
- Fruit/nut mixtures

FROZEN Vegetables

ALLOWED

- Any plain variety except potatoes
- Any size or package type except single serving packs
- Any brand
- Mixtures without potatoes
- Regular or low sodium
- Organic

NOT ALLOWED

- Sugar
- White potatoes, sweet potatoes or yams
- Added butter, fats, oils
- Sauces or cheese
- Vegetables mixed with pasta, rice or any other ingredients
- Single serving packs

CANNED Vegetables

ALLOWED

- Any plain variety except white potatoes
- Any size or container type
- Any brand
- Mixtures without white potatoes
- Regular or low sodium
- Organic

NOT ALLOWED

- Sugar
- Added fats or oils
- White potatoes, sweet potatoes or yams
- Pickled vegetables

CANNED Tomatoes

ALLOWED

- Any plain variety
- Any size metal can
- Any brand
- Whole tomatoes
- Crushed tomatoes
- Diced tomatoes
- Tomato puree
- Regular or low sodium
- Organic

NOT ALLOWED

- Sugar
- Fats or oils
- Tomato paste or sauce (including pizza or spaghetti)
- Soups
- Salsa

